



## Boost Your Childs Immune System A Program And Recipes For Raising Strong, Healthy Kids Newmarket Pictorial Moviebook

By Lucy Burney

Newmarket Press. Paperback. Condition: New. 288 pages. Dimensions: 8.4in. x 5.6in. x 0.6in. Ideal for all parents, whatever their childrens age how to help kids be fit and strong for life, from a top nutrition specialist. Making the most of superfoods and nutrients, this powerful guide gives parents the building blocks and a clear plan to raise kids who are fit and strong for life and capable of fighting off bugs and infections. Top nutrition specialist Lucy Burney walks parents through how the immune system works and then addresses in a straightforward, easy-to-read manner: What foods to eat and avoid at each stage of your child's life, including an A-Z of superfoods for the immune system and the top 10 nutrients for building super-resistance and what foods contain them More than 160 recipes for super-healthy, easy-to-prepare meals from what to eat during pregnancy to baby's first purees to tasty snacks for teenagers What foods can be used to combat common childhood ailments naturally frequent colds and ear infections; dry skin or eczema; asthma; poor sleep habits Tips on everything from how to get your child to drink more water, to how food preparation and cooking methods can enhance or detract from a food's nutritional value What...



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